

## ABSTRACT

There is disclosed a disposable tab plate adapted to allow the user to grip the plate and the plate's food contents without directly touching the food. This tab plate comprises  
5 a generally planar surface bounded by a perimeter for retaining food, and extending generally parallel to the planar surface from an edge of the perimeter an articulated tab, formed as one piece with the body of the plate. The tab plate may be manufactured from any flexible material that conventional disposable plates are composed of. In use, the tab  
10 is either left flat to serve as a rigid stabilizing handle, or is bent along a series of pre-formed fold lines, and folded up and over the plate and contents, thus enabling the user to place their fingers under the plate body, and their thumb upon the tab to grip the plate and contents without direct contact and with increased control.